

**FA Eastern Area Intergroup
Public Information Committee Minutes
November 3, 2024**

Remotely: Click [here](#) for the direct link on [Zoom.com](#)

Zoom Access – Use [www.zoom.com](#) or the Zoom App on your smartphone and enter Meeting Number 845 8695 6527 and password 2020. For phone only, call 646-558-8656.
eaipi@foodaddicts.org

7:30 - 8:45 AM

Serenity prayer: **God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.**

(Kathryn W. Is the chair of this committee. She is not on this early meeting as she is meeting with all the EAI committee chairs.

Early Call 7:30 - 8:00 AM FA members share PI activity done since the last meeting.

Moderator: Joy W **Note Taker:** Angela L

Attendees: Sharon H Mass, Anna MD, Angela L

Discussion: Sharon H - We invited people we know. People from other meetings brought newercomers up - traveled some distances. We had a full house, four speakers, garden variety. It was a lovely evening that made an impact on people. The stories were from the heart. Last weekend, I stayed with a fellow, I asked if she could help me with food... I felt cared for. It's community information, because it's real life. We had dinner every evening. She wasn't rushed. We talked for 3 evenings and a couple mornings for breakfast. It's important to remember how we greet, accommodate, and share. The September session was a face to face fellowship.

Anna MD - does the health fairs - EAI PI HEALTHFAIR CHAIR... that's my bucket... If someone sends a request for a health fair, I help step by step that process.

I've been in situations where people have helped me and I've helped others. It amazes me.

Angela L - Experience of in person contact with the Live Fellowships.

Anna - came in 2003; Sharon in 2010, Angela 2021

Anna - The definition of PI - as long as I'm abstinent and I'm out in the world, I'm doing PI. Fellowship with Fellows when they are traveling near you.

Body Meeting: 8:00 - 8:45 AM

Moderator: Kathryn W **Note taker:** Angela L

Serenity prayer: **God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.**

Attendees: Anna MD, Kathryn NY, Patti T, Angela L OH, Molly O, Jennifer Z OH, Di M FL

Discussion: There are 150 people registered for the service support weekend, but you can still register. They're happy about the number. They're going to share on three topics. They're trying to get the message to the benefits of serving on committees outside FA.

Anna - The wording is going to change on what? Wording in the bylaws- if something doesn't pass, you can't bring it back. They want to change the wording. It's in the newsletter.

Anna - Talk about health fairs, how to find a local healthfair. Three brackets - what can I do? Online research - "healthfair+my community"; social media like facebook, instagram, look for HF announced there. Local community centers often have health fair departmte. Eventbrite; local universities, look on their event calendar. Chambers of Commerce will post all their community events on their website.

WORDS FOR SEARCH: "health, wellness, nutrition, fitness, exercise screening, cholesterol, diabetes, obesity.

HEALTH FAIR ACTIVITIES: "health check, free samples, free halth samples, educational workshops, counseling, nutritional advise.

COMMON HEALTH TOPICS: heart disease, cancer, mental health, physical activity, preventative are, smoking cessation, strength management.

PERSONELLE: Doctors, nurses, pharmacists, nutritionists, wellness coaches, public health, medical staff

CONTACT LOCAL HEALTH DEPARTMENT... Try connecting with event coordinators, student organization centers, non-profit organizations, chambers of commerce's list of events. Look at the community board of a library.

KATHRYN - I'd like to put the research into the challenge. DO THE RESEARCH of local health fair in your area. The only type of health fair we don't do is when it's on the Federal Level.

Angela - VPIS 41 Attended. Meeting attendance 25-30. Meeting voted to do a VPIS. 2 Coordinators agreed to do it. One of the Coordinators panicked and decided not to do it. Showed list of 13 positions to host a VPIS. Time was committed to do the VPIS. Meeting supplied 4 volunteers to fill the 13 positions. Angela reached out to other meetings - filled another 3 positions, another meeting filled 2 positions. Within a week

all the Service Positions were filled. FA has a resource of members who will support. Members in their own FA meeting, can easily fill the service position requirements. 161 Video meetings -if 10% did 2 VPIS a year, we would have 32 VPIS a year. Angela showed an example of how the script on the VPIS Guide gives everything that is needed- scripts; instructions for moderator -what to do. No need to worry that different service service requirements. We are familiar from our meetings. The Coordinator does additional work in their role and you need to get 4 speakers. Results of our VPIS were 5 newcomers. The VPIS is doable. It is a wonderful way to get the word out about FA. Shared an Announcement for members to share at their meetings to encourage them to do a VPIS.

Kathryn - WE can do information sessions in college health classes. The schools usually invite outside people to talk about addiction, diabetes, etc.

Kathryn - We have been updating this process over time.

Anna - could you upload the two documents you were sharing.

Kathryn - weather is changing, there are a few places you can do farmer's markets. Bringing pics is important (having them on hand). Sponsor a rack through FA, mainly trifolds go in the racks. Coffee shops or library allows you to do it - at least ask if someone lets you. You never know.

Positions need to be filled - EAI/PI Mailing List Rep - we have to update information QUARTERLY. Kathryn tries to do a monthly challenge. To reach 5 newcomers who are struggling with food addiction is powerful.

Anna - changing the process to having something online that people have to look at. It may be better to have a live link that is updated, and it is the PI's responsibility to read that updated information before every business meeting.

Molly - A pi's responsibility would be to go to this link that has the literature and information updated.

Jennifer Z - There's a big EAI section, maybe it could be there. There's a website link that allows us to make changes. We could post the information on a website.

All are invited to the EAI Body Meeting at 9am. ID: 847 548 759, PC: 2020.

Next EAI PI Meetings in 2024: Dec 8

Closed with Serenity Prayer.

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.